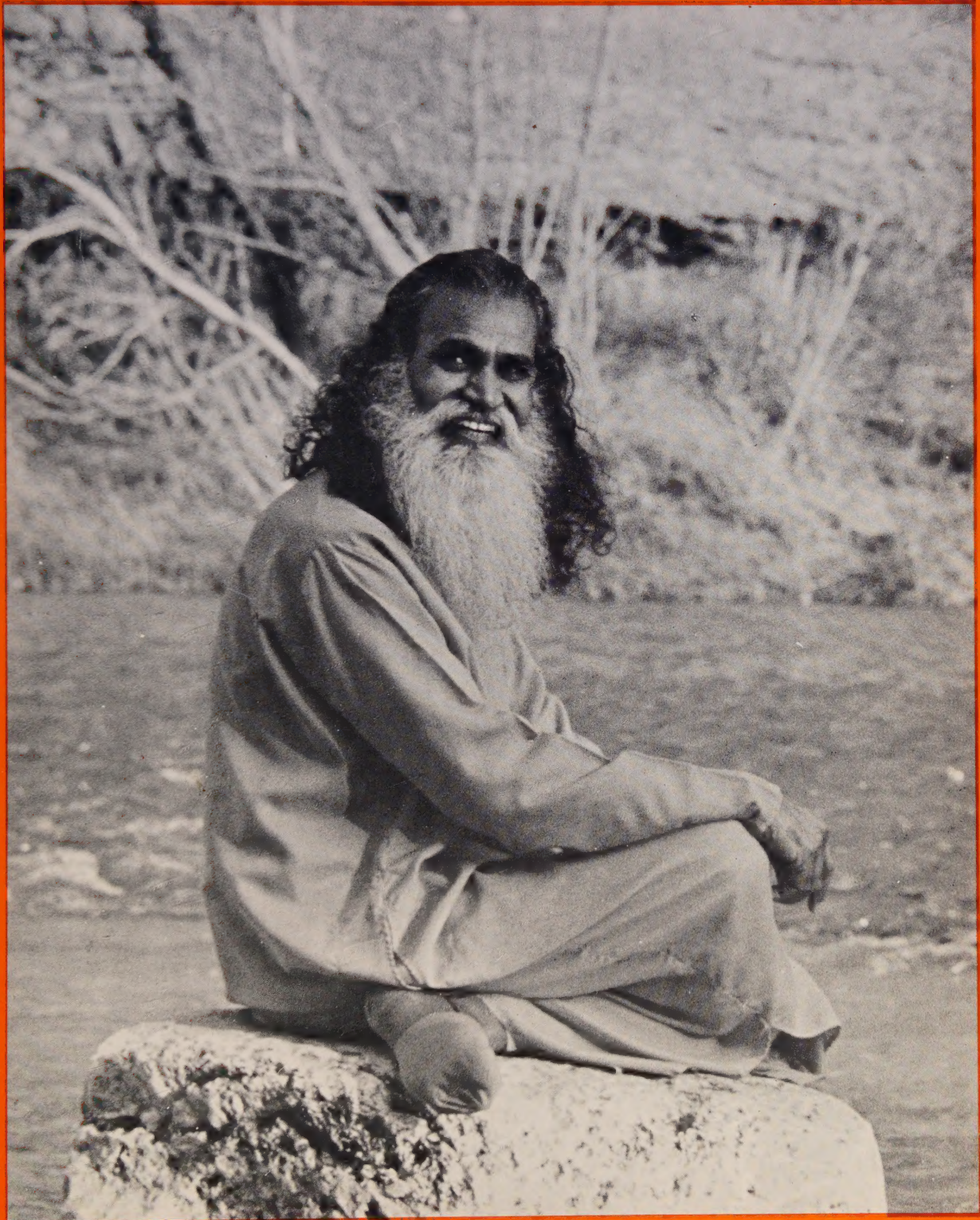


Integral Yoga

A Bi-Monthly Magazine of the Integral Yoga Institute

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WORDS OF WISDOM

The One is within
The One is without
The One is in your heart
Why dost thou wander far and wide?

Sri Swami Sivananda Maharaj

When I open my eyes to the outer world,
I feel myself as a drop in the sea;
But when I close my eyes and look within,
I see the whole universe as a bubble
raised in the ocean of my heart.

Divine Symphony of Inayat Khan

The fabled musk deer searches the world over
for the source of the scent which comes from itself.

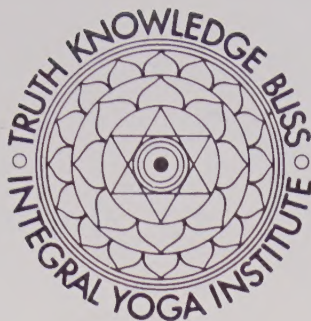
Ramakrishna Paramhansa

"How far are you from me, O fruit?"
"I am hidden in thy heart, O flower."

Rabindranath Tagore

Saint Francis said to the almond tree,
"Sister, speak to me of God."
And the almond tree blossomed.

Nikos Kazantzakis



INTEGRAL YOGA INSTITUTE

Founder-Director: Yogiraj Sri Swami Satchidananda

GOAL: Healthy body, sound mind, dynamic will, ethical perfection,
universal brotherhood, selfless service, Self-Realization.

THE WAY: Asanas, pranayama, chanting of holy names, self-discipline,
meditation, manthra japa, study and reflection.

CLASSES: Hatha Yoga, Chanting, Meditation, Lectures and Discussions.

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A Bi-Monthly Magazine

©Integral Yoga Institute, Inc. 1972

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prayer to spring

dear lord,

may i see you in every opening bud
in every grain of sand
in each blade of grass

may i feel you in each warm breeze
in every ray of sunlight
in every gentle drop of rain

may i find you in all these things
but most of all may i find you
in the awakening of my heart





MESSAGES OF SRI SWAMI SIVANANDAJI MAHARAJ

This choice between the path of darkness and the path of light, between that which takes you headlong into bondage and that which bestows eternal release, this choice between entering into the sources of widespread death and soaring into the region of Eternal Existence, presents itself before all human beings. The wise and the discriminative, with their spirit awakened, take to the path of light and glory. While the rest choose the downward way, which takes them round and round the whirling wheel of birth and death.

* * * * *

Without sorrow, discontent and frustration man can never rise above the level of an animal. He can have no scope to develop the intrinsic values of life if everything is placidly pleasant, smooth-sailing and harmonious to him. He will then hardly possess any tolerance, sympathy, understanding, compassion, charity and unselfish love. Hence God has mixed happiness with sorrow, pleasure with pain, gain with loss. This is rhythm. This is balance.

JAPA INITIATION

Q. What is the significance of Japa Initiation and what commitments does one have to make?

In Japa Initiation, a particular mantra (sound structure representing an aspect of the Cosmic Consciousness) is selected to suit your physical and mental constitution. The mantra is not just a mere word; if that were so, you could read it from a book or be initiated by correspondence. Nor is it just the tune; otherwise it could be recorded and sent to you. But that is not all that initiation is.

When the mantra is given to you at initiation, a little of the vibration is infused in your body by one who has developed that vibration through his own practice of Japa. It is like a fully-charged battery lending a little current to a weak battery, but it won't drain off completely to your battery. When the emergency vehicle comes, it just helps you to start. Then you have to work your own dynamo within to charge the entire battery. Likewise, during initiation the teacher puts in a little of the charge. Many people feel it right away; others feel it later on. It is like a seed being planted in you after preparing the soil. (Before the mantra is given, certain purificatory rites are performed to properly clean the mind and body.) Then, by your own repetition, you develop that into a nice plant.

So, Japa is a method using sound vibrations. The entire creation is nothing but sound vibrations. "In the beginning was the Word, and the Word was with God, and the Word was God." It is not only the Bible that says that, but every

scripture. The unmanifested essence of God first manifested as sound. He began vibrating. First He was static and of no use to Himself or anyone. There was no play, no fun in being like that. A rock, for example, is no fun when it's just there. But when a sculptor works on it and makes it into a beautiful sculpture, then there is fun, then people appreciate it. It reveals something, it expresses something. So God, after probably getting tired of just being by Himself quietly and not doing anything, wanted to play with something, with somebody. So He started creating some duplicates. The minute He started creating, He started vibrating. That vibration hums, and that hum is what you call the sound Om, or Amen, or Amin. Even these are spoken words. The real Om is not even spoken--it is a Japa, unspoken.

The humming sound is the basis for all other sounds. Variations of the hum come forth and then vibrate at different levels, giving rise to different forms. Sound vibrations create forms--science has agreed to that. So we are all nothing but sound vibrations in different wavelengths. Not only human beings--everything that you see and that you do not see hums. In a different way. With a different velocity. Every particle vibrates because there are atoms in it.

We want to communicate with this cosmic sound or God. But to have this communication, you have to vibrate in the same wavelength



as the cosmic sound. The cosmic station transmits its sound in a particular wavelength. When you want to communicate or receive that transmission, you should become a radio receiver. You tune yourself to that wavelength. A transmitting station and a receiving station vibrating at the same wavelength can communicate with each other. Then all the source, all the power, all the energy flows into you. All the music comes into you, and you can sing that same music of the Divine. You can be as beautiful as God Himself. You have to be that way one day or other.

Practicing with a mantra is a simple but very efficient and direct approach. But it takes some time until you vibrate on that wavelength. That vibration should set in physically and mentally. That is why you are asked to repeat the mantra as much as possible. And you are also asked to keep your mechanism functioning well by practicing Yoga asanas and pranayama.

The only commitment to initiation is to be grateful for what you have received--and to develop it more. If you don't develop it, the teacher doesn't lose anything but you may lose the benefit, you may lose your gratitude. So the commitment, if you want to use that word, is for your own benefit. You make a commitment that you will do this, you will try this, you will

be benefitted by this, you will be grateful for this. Then, before you are even communicating with the cosmos, you will be communicating with the teacher, part of whose vibration is within you. When you develop that, you will be able to communicate with him, you will be carrying a part of the teacher with you. Even if you ignore the mantra, it will be hiding somewhere in a corner. You can't destroy it. Once you receive it, even if you abuse and condemn it, it will just wait until you want it again. Just as when you scatter seeds--if it falls on a rock, one day it will slip into the soil and start growing. It is an immortal seed. When you are ready, it will be there to answer you.

Sri Swami Satchidananda

COMMUNAL LIVING

"A man that stands alone, having decided to obey the truth
May be weak and slip back into his old ways.
Therefore stand ye together, assist one another,
And strengthen one another's efforts."

Buddha

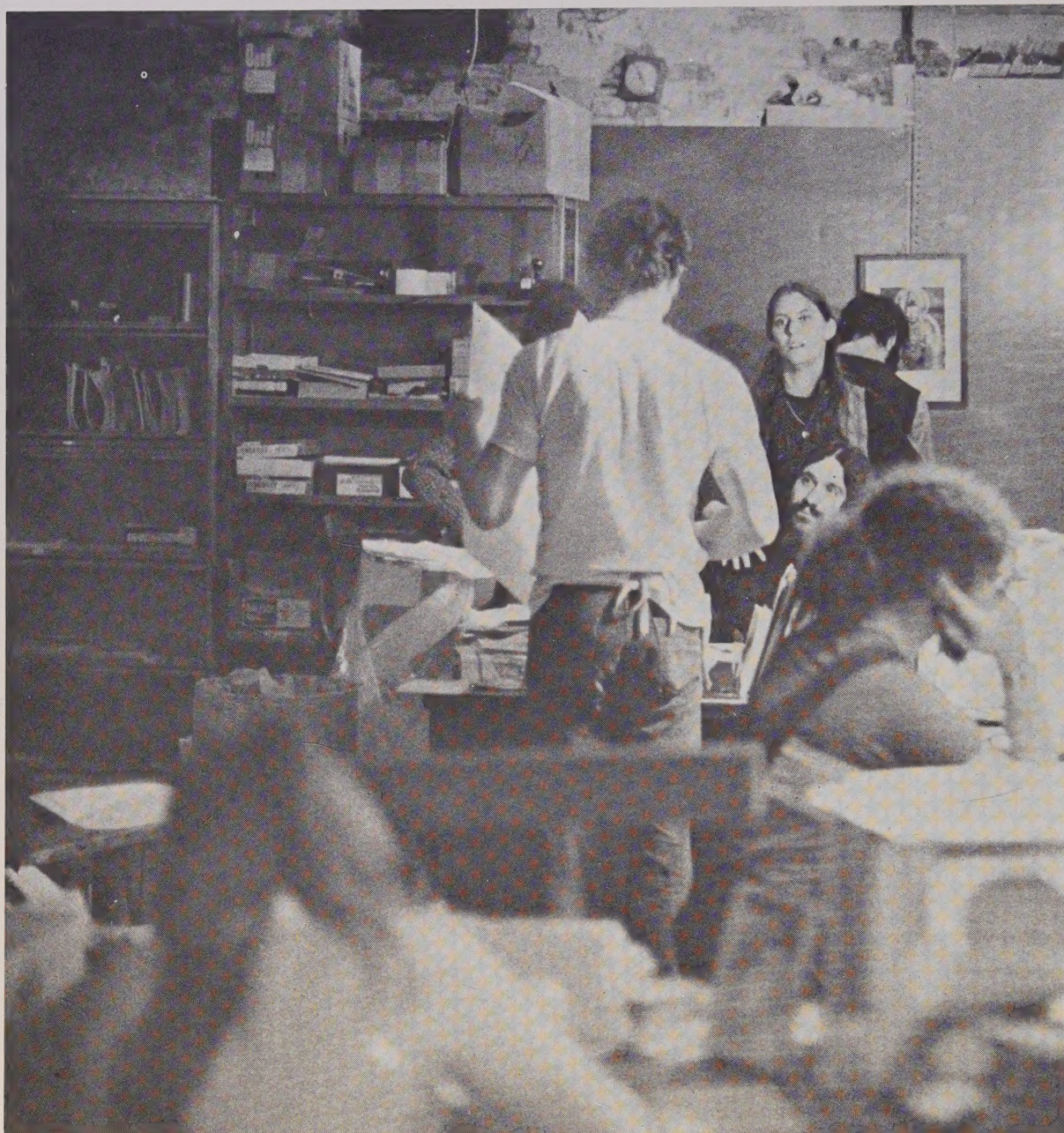
Communal life is complex. When I first moved into the New York Ashram, I felt I had been reborn into a large family. For the first time I had many brothers and sisters--to talk to, to work with, to study with, to be with. But along with this joyous feeling of having a new family came the normal problems of daily living.

Your personality--the good and bad traits--seem to be magnified in dealing with 20 or 30 people. The certain sense of security in living privately, doing as you wish, is gone. Now, if you don't feel like cleaning the bathroom, it affects many more people than just yourself. Now, if you walk around in a gloomy, black mood you are affecting the vibrations of the whole ashram. Everything you do begins a chain reaction--for better or for worse.

Having to deal personally with so many people can often show you "where you're at". It's easy to blame another person whom you can't get along with, but if you're having trouble getting along with half of the household, you know you better do some soul-searching. You just can't get away with a lot of the selfishness, aloofness, egocentricity and laziness that you can when you're living alone. That doesn't mean people don't try to

get away with it and it doesn't mean that they will be able to get rid of those tendencies all at once. But there will be much less tolerance of these qualities and a greater acceleration of the process of getting rid of them.

A sense of responsibility to the entire household is one of the essential feelings one has to cultivate. You can't shut your eyes to anything--"Well, that doesn't affect me, it's his job to take care of that." You become fully responsible for finding out why he didn't take care of that or of making sure it somehow gets done. One example of this shared responsibility was in the earlier days at the new building. We all wanted to forget that we were in the middle of New York City and left our doors unlocked most of the time. Video equipment, worth \$1500, had been left in one of the rooms. People went in and out all day, seeing that such equipment was there but not taking any responsibility for its safety. Of course, it was soon stolen and we were faced with somehow helping to replace it. It was decided at a household meeting that everyone was responsible for the lack of security, not just the people in that particular room. Not everyone, however, felt that responsibility and there were some objections to each person pitching in to pay for the loss.



Communal living means that certain demands and responsibilities will be placed upon you. But not everyone feels the same sense of responsibility to the community or to themselves. So another problem comes in dealing with the various levels of maturity, dedication, and seriousness. We are all aware of the ideal, but we are all at different distances from the goal. The question then comes up: how much to insist on and how much to

wait patiently until someone reaches a higher level of understanding. Swamiji never forces anything on anyone. He emphasizes the gradual dropping off of bad habits and the gradual unfolding of more positive, spiritual qualities. So it is our duty to each other to point out the things that we feel are detrimental to the person and the community as a whole, but we also have to realize that people don't change lifelong habits overnight. We should be

willing to help the person through the changes both with sympathy and firmness. This is not easy and we often can't live up to it.

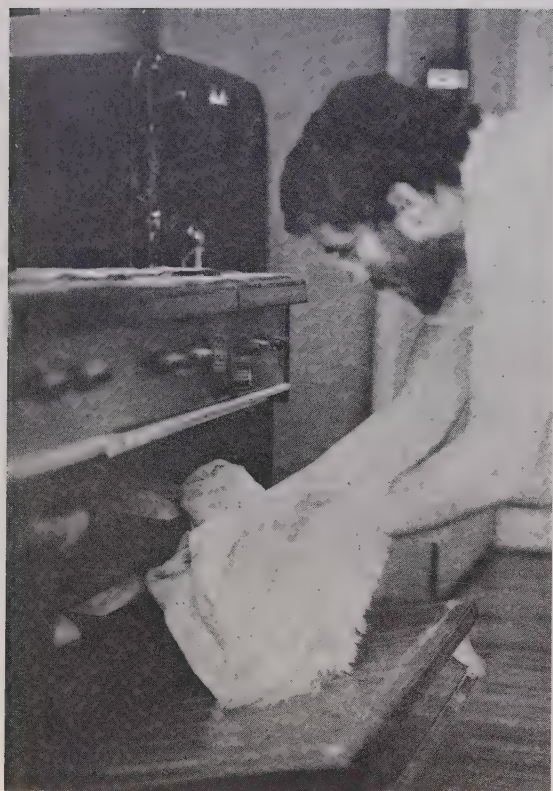
But one of the joys in living like this is to witness the tremendous growth and change. To feel yourself becoming more committed, to see others mature and grow. To go through the cycles of ups and downs but to always remain brothers and sisters.

Our unity lies in our love for Swamiji. Without his perfect example of dedication and selfless service, I am sure we would go the way of most communes. Without a common goal--and most probably a spiritual goal--I don't feel that communal life can be really successful. Although we have people of various ages and backgrounds, our common goal of putting Swami-

ji's teachings in practice and becoming more useful, happy, and peaceful human beings keeps us together.

Another important factor that keeps harmony in the family is that we are all brahmacharis. In practice this means that, unless we are already married, we will abstain from sexual relationships until we decide to marry. And those who are married are considered brahmacharis by having a moderate sex life. As we are young and vulnerable, the absence of sexual vibrations is most helpful and necessary for our way of life. Brahmacharya does not include only the question of sex. It is a striving for moderation in all aspects of our lives and for purity in thought, word and deed. I say "striving" because that is exactly what it is.





Older people often are amused by our ethical and moral standards--no drinking, no smoking, no drugs, no sex, vegetarian diet, early rising, selfless service, etc. They more or less want to say, "See, that's what we've said all along." But did they ever understand why? And did they really practice it or just preach it? As I said earlier, Swamiji never forces anything but gives us good reasons for testing things out. Then, if it works for us, we keep it as part of our lifestyle. If not, we throw it out. We have agreed to these rules because we have tried them for ourselves and seen the benefits for ourselves. Yoga is a practical science.

We are all striving to become more dedicated, more selfless, more loving. With Swamiji's perfect guidance, we have been started on the path. If we are open, his blessings are always with us. That is why it is so important for us as a spiritual community to meditate, pray and chant together. The family is always the most harmonious and loving when we do our sadhana (spiritual practices) together. We all know it and, at times, we all forget it. Then we have to remind ourselves for the hundredth time: The family that prays together, stays together!

May we grow in the Divine Light
to become instruments of peace
and joy to the world.

JAI SRI SATGURU MAHARAJ KI!

Aikya

COMMUNITY SERVICE

Danbury Federal Prison

On Thursday nights in Danbury a group of men, twenty to thirty in number, with eyes closed, bodies still, awareness searching deeply within, are meditating. The asanas and pranayam have prepared them. The closing vibrations of the prayer ring in their minds:

Lead us from unreal to Real
Lead us from darkness to Light
Lead us from the fear of death
to the abode of Immortality.

The Silence--at Peace, emanating
Peace, Peace now manifesting in
the world.

A little more than a year ago, a request by a group of inmates at the Danbury Federal Correctional Institution for an Integral Yoga Program was approved. The officials were extremely cautious at first about the new activity that was generating such large and consistent interest.

The postures were strange and the chanting, which was introduced later on, was even stranger to the physical fitness, weightlifting-oriented guards and curious inmates alike. Still, word of mouth evoked interest. And interest awoke the need to find out "what this Yoga is all about." Some of the officials took the class and joined the growing group of approvers. "It makes the men calmer and they don't cause us trouble. They even mop the floor and return the chairs to their proper places!"

During the following months, a Raja Yoga study was set up and an auditorium program was held with some two hundred inmates attending. Swamiji's Biography and Integral Yoga Hatha book were ordered by

the Education Department, along with tapes of Swamiji's words and copies of Patanjali's Yoga Sutras. "You can tell that the program is popular," explained Mr. Kelly, assistant director of Education. "Some of the books are already missing!"

Several of the New York IYI representatives--Guru Prem, Bhaskar, Sheela, Ravi, along with Murali who was visiting from Dallas--took part in a dialogue with the members of the prison drug program on Integral Yoga as an approach to drug rehabilitation. Ex-director of Education Mr. Markely once commented, "I have seen definite changes in many of the men taking part in the Yoga Program. They're taking on jobs and responsibilities now where they wouldn't before." • Some of the inmates have been released since the program began. One was initiated into Manthra Yoga by Swamiji. Another is teaching Hatha classes in Rhode Island. And another has entered a monastery in New York as a student of Zen. A few of the fellows have been coming regularly to the IYI and to hear Swamiji's talks.

The ground has been prepared. A place has been made ready for Swamiji to come and enter as Hope and Peace into receptive hearts and minds. On March 26th, Swamiji gave a talk to 100 enthusiastic inmates at Danbury Federal Prison.

The minute of silence has ended and a common voice echoes deeply in the evening prison compound.

Lokaa Samastaa Sukhino Bhavantu
May the entire world find Peace
and Joy.

Kanniah Cohen

COMMENTS ABOUT IYI COMMUNITY SERVICE...

"Members of the Integral Yoga Institute have on several occasions presented programs at the Probation Department's Girls Day Care Center. They project an image of tranquil alertness, both physical and mental, and a relaxed, wholesome lifestyle. The voluntary program was extremely well received with an unusual degree of participation. Most of the girls are hyperactive with short attention spans and the Yoga did have a calming effect by employing self-control and awareness. The postures are not exhausting and seem to develop in the individual feelings of well-balanced tranquil energy. The effort to focus your attention inward seems to result in feelings of self-worth...."

R. H., Asst. Probation
Officer
County of San Mateo
Probation Department

"On behalf of San Mateo County's Phase V Drug Abuse Program I want to thank you for leading your Yoga group every Friday evening during the seven months our Adolescent Psychiatric Unit was open. Your sincere dedication, your personal reliability, and the significant outcomes of the Yoga groups were remarkable. It was beautiful to observe extremely anxious youngsters emerge from Yoga postures very relaxed. The learning experience this provides is invaluable. The youngster learns that the tension of his anxiety state can be opposed by consciously relaxing himself. He becomes more aware of his body and thereby gains

respect for his body as an inseparable part of himself that needs to be taken care of; he also learns how to constructively use his body as a vehicle to get in touch with his feelings and his state of mind. This is truly an alternative to drug abuse and a means of attaining greater physical and mental health. Your particular style of leadership--non-threatening, warm, gentle, highly supportive--enhanced the Yoga experience and facilitated the high gain potential observed...."

N. B., Mental Health
Counselor
Department of Public
Health & Welfare
County of San Mateo

"The Integral Yoga Institute has provided without charge a Yoga class for participants in the therapeutic program at Marin Open House. Marin Open House, a private non-profit corporation, is designed to provide a variety of positive and constructive alternatives to destructive drug use. While we have a variety of traditional medical and psychiatric services available, we have also been exploring many other approaches to the drug problem. It was for this reason that we were most grateful with the Institute's offer to provide us with a Yoga instructor.

One of the real problems which all of us involved with helping agencies confront is that of finding real and meaningful alternatives. Most therapeutic programs recognize their limitations as we do at Marin Open House. Perhaps the most difficult problem that we have in

working with drug abusers is assisting them in finding a replacement for a style of life and a value system which, although is self destructive, provided their lives with some order and meaning. In my experience with the Integral Yoga Institute I have been impressed with their determination to work with and integrate people from highly diverse backgrounds. Their philosophy is one which provides many chances to grow and mature... Their assistance to Marin Open House is invaluable to us as it is with many non-drug involved people who are seeking more meaningful and satisfying life style.

R.S., D.Crim.
Executive Director

"The Integral Yoga Institute has provided courses in Hatha Yoga since October, 1971 at Newman Hall in Berkeley. Over 80 persons have enrolled in the classes and there are others waiting for new groups to start in the Spring.

The enthusiastic response to the courses indicates that this discipline is an answer for many people to greater personal integration.

The instructors have been deeply appreciated by the participants. Just to be with them and witness the peace they manifest is evidence that one who takes Yoga seriously can achieve mastery and control over his external environment as well as his inner emotions. Obviously, the results bring that most sought after and coveted blessing of peace....

L.F., Staff Member
University of California
Newman Hall, Berkeley

NEWS from INDIA

Relations of Swamiji in Chettipalayam, South India, have dedicated their house (Swamiji's birthplace) for religious functions in Swamiji's name. The Sanmarga Sangam was inaugurated by Swamiji on December 2, 1970 during his world tour. Its first annual function was celebrated there recently on February 20. The program was presided over by Sri C.A. Ramaswami Gownder. The day was spent in chanting, reading of holy books, and Sri K.S.K. Palinaswami Chettiar unveiled a portrait of Swamiji and delivered a talk. Several others spoke and there was a colorful procession around the village. The entire congregation was received and sumptuously fed by Swamiji's brother Sri C.K. Annachiappa Gownder. Both Sri C.R. Nanjappan and Sri A. Arumugan among others efficiently organized the entire function.

JAI!

AN INTRODUCTION TO SANSKRIT

Many of the universal chants sung in the Integral Yoga Institutes, as well as the ancient Yogic scriptures, are in the Sanskrit language. Although many people have expressed an interest in learning Sanskrit, there are few places in this country where it is taught. Thus, we will include a Sanskrit lesson as a regular column in the magazine. We hope that you will enjoy and profit from these lessons.

"He who knows my grammar knows God," said Panini, the great Sanskrit grammarian and philosopher of ancient India. "He who would track Sanskrit to its lair must indeed end as omniscient," said Paramahansa Yogananda.

The word Sanskrit itself means "polished" or "complete". Sanskrit is the most perfect of all languages. It is the mother of all Indo-European languages.

Its alphabetical script is called Devanagari, which literally means "divine abode" or the language spoken by the divine people. It is said that Sanskrit was revealed to the ancient rishis, or wise men, of India by God. Panini said that his grammar was revealed to him by Siva.

The Sanskrit alphabet, ideally constructed, consists of fifty letters, each carrying a fixed invariable pronunciation. Correct pronunciation is crucial to Sanskrit learning. Sanskrit is the science of vibrations, and to create the right vibration we have to give the right pronunciation.

In this first lesson, we will learn to write a chant which we already know correctly:

Hare Rama Hare Rama,

Rama Rama, Hare Hare

Hare Krishna Hare Krishna,
Krishna Krishna, Hare Hare
We will learn the vowels and consonants used in this chant.

$$\text{HARÉ} = \text{Ha} + \text{Ra} + \text{É}$$
$$\text{हरे} = \text{ह} + \text{र} + \text{ए}$$

ह ("Ha") and र ("Ra") are consonants and ए ("É") is a vowel.

Vowels in Sanskrit, when they follow a consonant, assume contracted form. Thus, you do not find the letter ए ("É") in the word हरे. It has been contracted into the form ऐ. Therefore,

$$\text{HARE} = \text{ह} + \text{र} + \text{ए} = \text{ह} + \text{ऐ}$$
$$= \text{हरे}$$

$$\text{RAMA} = \text{Ra} + \text{Ā} + \text{Ma} + \text{Ā}$$
$$\text{रामा} = \text{र} + \text{आ} + \text{म} + \text{आ}$$

र ("Ra") and म ("Ma") are consonants and आ ("A" as in father) is a vowel.

Again, the vowel आ assumes the contracted form ऌ. Thus,

$$\text{र} + \text{आ} = \text{रऌ} ; \text{ and}$$
$$\text{म} + \text{आ} = \text{मऌ} .$$

Therefore,

$$\text{RAMA} = (\text{र} + \text{आ}) + (\text{म} + \text{आ}) =$$
$$\text{रऌ} + \text{मऌ} = \text{रामा} .$$

KRISHNA = Ka + Ri + SHa + Na + Ā
 = क + ॠ + ष + ण + आ

क ("Ka"), ष ("SHa") and ण ("Na") are consonants, and ॠ ("Ri" as in rīshi) and आ ("Ā") are vowels. Though it may seem curious to a Westerner that ॠ ("Ri") is a vowel, to a rishi it was clear!

ॠ assumes the contracted form of ऋ. Thus क + ॠ = कृ.

When two consonants meet without the intervention of a vowel, they blend with each other by omitting particular strokes in the first consonant. Thus ष + ण = ण.

As explained earlier, आ is contracted to ा.

Therefore,
 KRISHNA = क + ॠ + ष + ण + आ
 = (क + ॠ) + ष + (ण + आ)
 = (कृ) + ष + (णा)
 = कृ + (ष + णा) = कृ + ण
 = कृणा

We have now learned the rule of contraction of vowels and the rule of compounding of consonants. We are now ready to write:

हरे रामा हरे रामा,
 रामा रामा हरे हरे
 हरे कृणा हरे कृणा,
 कृणा कृणा हरे हरे!

ॐ शान्ति

Om Shanthi

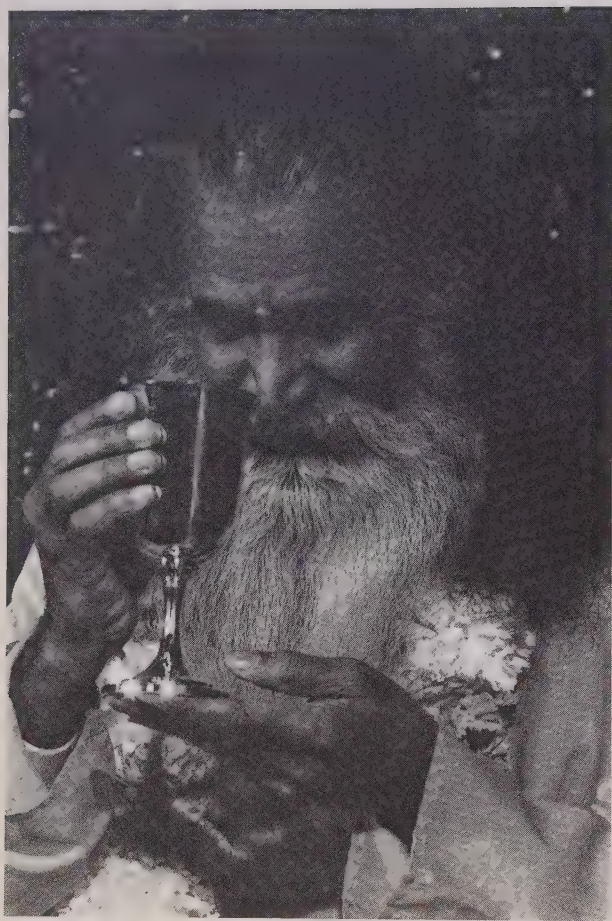
Devendra Chawla

WHAT SWAMIJI TEACHES US

Swamiji has simplified our lives. Through his grace, right and wrong become more and more clear. In a moment of confusion, we reflected on Swamiji's teachings, and the confusion went away. May we all be worthy of Swamiji's blessings, and experience these teachings.

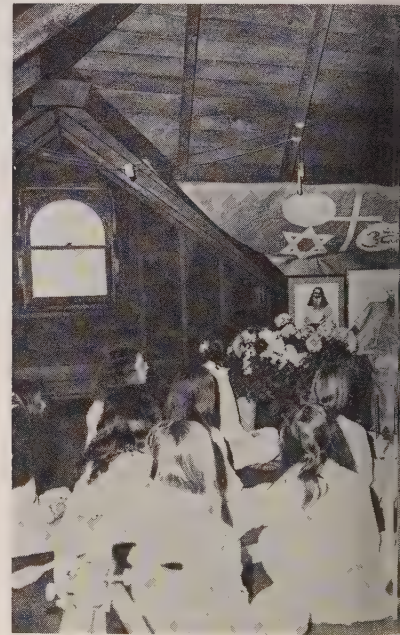
1. The world is there because God wants it to be there.
2. Everything in the world belongs to God.
3. Nothing is bad. All is part of God.
4. Night is there so that daylight can be appreciated.
5. Suffering is the process of learning.
6. No one teaches anything to anyone. God alone is the teacher.
He alone comes in the form of a guru.
7. The way to live is to love all equally.
8. The goal is to see God.
9. The way is purity.
10. Purity comes by constant prayer and service.

Devendra and Louise Chawla



Swamiji greets sisters after talk
in Grass Valley, Calif:

At the dedication ceremony of the
nandamayi Ma Ashram, Oklahoma City



Swamiji opens the New York
Natural Foods Store

Satsang in the

Yogaville West
Benefit Dinner



ENTS



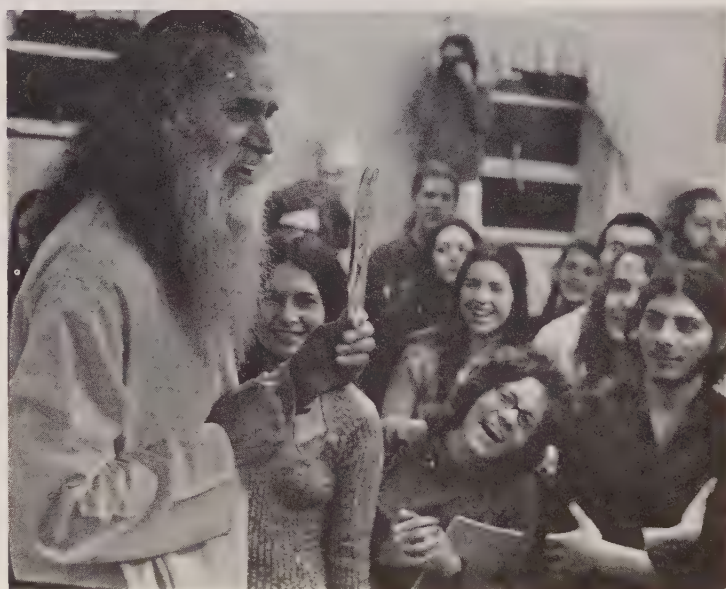
Swamiji marries 12 couples
in California



Kirtan at Litchfield Retreat



Valentine's Day!



San Francisco IYI



A New Addition
to the Family!

THE PEOPLE'S VOICE

Swamiji is helping us to find a way in which we can live and be happy and peaceful in a time of so little happiness and peacefulness. Peace is his religion; peace is his aim, as it is in all religions. He is helping us to become aware of the fact that there is still room for peace in the world if we can only find it within ourselves. . . He is offering us a better alternative than drugs which, if they give peace, give only a fleeting peace. He is offering us eternal peace without the use of artificial means.

M.C., New York

My work in psychiatry has convinced me that Swamiji's approach to life is one in which the varieties of mental illness I treat would not arise. At such a crucial time in world history when our youth look for guidance from adults who have clearly shown that in both personal relations and political affairs they are not respectable guides, men of Swamiji's caliber are of inestimable value. . . .

L.B., New York

From the very day I met Swamiji, my attitude toward life has changed tremendously. As a typical member of today's youth, I had been experimenting with mind-expanding drugs in order to find a certain missing element in my life. It was like looking for the answer to an unknown question. From the moment I first talked to Swami Satchidananda, I began to realize that he understood the question and could help me find the answer. I no longer felt any need to experiment with drugs; I knew that I had the answer within me and that in Swami Satchidananda I had found someone who could bring that answer to the surface. I had long ago lost my faith. . . the beautiful faith I had in God as a child became more and more distant as I got caught up in the confusion of everyday life. . . Swami Satchidananda has taught me that God does exist and that He is everywhere--if we will only take the time to stop and look for Him. My faith in God is stronger now than it has ever been.

F.C., Massachusetts

I was unable to relate to anything. Depression was my constant companion. All my life, I have been obsessed with my search for peace. Now I have started on the path towards it. My vehicle is the discipline of Yoga. My guide is Swami Satchidananda. My motto is selfless service.

D.G., New York

THE MASTER'S VOICE

We invite our readers to send in any questions on personal problems and Yogic practices.

Q. . . . People like you are so easy to love, but most people I find difficult to love. I find it hard to see beyond their egos--just as I find it hard to see beyond mine. Why does man have ego?...

R.S., New Jersey

A. . . . Whenever you do not perceive egoism, either in yourself or in others, then it is easy to love. It is the impure or selfish ego which causes us to feel separate and miss the love that is always there. Ego is necessary. Without ego, no one could live in this world. To live the proper life, to realize true peace, the ego should be made healthy. That is, the ego should be pure. A selfless ego is one that is dedicated to the service of God and humanity.

Egoism is not really the cause of our troubles. It is the selfishness which causes pain. Eradicate the selfishness by practicing Asanas, Pranayama, Japa and meditation. Lead a life of devotion and selfless service and you will really realize your true spirit or the God within you. . . .

Sri Swami Satchidananda

Q. . . . How shall I please God and how should I remember Him with my heart and soul?...

P.V., India

A. . . . God realization is the goal of life. In everything you do, remember this goal. Do everything for God. Spend some time each day in reading the scriptures or Yoga Sutras. Lead a life of selfless service. Imagine that you are serving God when you serve others. As you think, so you become. Soon what is imagination will be reality.

To please God is very simple. Follow your own conscience which is the voice of God within you. . . .

Sri Swami Satchidananda

Q. . . . May I remain attached to you while detaching myself from all else?...

M.N., Texas

A. . . . Of course while detaching yourself from all else, you should attach yourself to one thing. If you would like that one thing to be me, I have no objections. . . .

Sri Swami Satchidananda

THE ONE SYMPHONY

IN SILENCE THE FEELING HAS GROWN ON ME THAT
EVERY COW AND EVERY DOG AND EVERY BIRD IS A NOTE IN THE ONE SYMPHONY
OF THE UNIVERSE: KRISHNA SINGS ON HIS FLUTE FOR ALL — NOT ALONE FOR THEM-
PROUD MAN! AND ALL THE CREATURES ARE CHILDREN OF THE ONE
DIVINE MOTHER OF THE UNIVERSE. (T.L. Vaswani.)



THE ANIMAL'S APPEAL

Condemned, though innocent, to die-
I plead for pity-hear my cry-
If you yourselves would mercy gain
Spare me the wrong of needless pain.
Needless-for in his Maker's plan
Nature provides the food for man-
The words to Adam still hold good
And cannot be misunderstood.*

In your dominion over me
Know that there is an Eye to see
The tell-tale things now hid from sight -
The darkest spot shall see the light.
Oh! heed the warning-break away
From cruel custom's baneful sway-
Remember that the hand of fate
Brings retribution soon or late.

Is cruelty only just a wrong
When suffered by the great and strong?
And is the Golden Rule confined
In practice only to mankind?
Death comes to me with terror dread-
Could you once suffer in my stead?
Then would you still, as now, remain
Indifferent to all my pain?

Think not because you hear no sound
My cries no listening ear have found,
Or that because you close your eyes
No ghastly scenes can then arise-
Another hand may use the knife
But 'tis for you I lose my life-
Craving my flesh, how can you claim
Immunity from guilt and shame?

Is there no moment when you hear
A Voice that whispers in your ear:
"Wash and be clean-your hands are stained-
Is Paradise to be regained
By pouring fuel on the fires
Of passion and impure desires?
You were not formed a beast of prey-
Be your true Self-begin today."



So in my feeble words I plead
For succour in my bitter need-
May God, the light in every man,
Reveal to you His perfect plan
To speed your lagging steps until
You long to do His holy will,
Feel pity strong within your breast,
To help the helpless and oppressed.

Man only holds his power in trust
And to be worthy must be just.
Did the creator not intend
That you should be my guide and friend?
Awake and act your destined part-
Obey the promptings of your heart-
Then will you take your rightful place
As loved protector of our race.

A. D. MacDonald

* See Genesis, 1-29

THE VEGETARIAN DIET

Yoga is union; it is harmony. It is achieved within the body and mind by meditation and asanas; but it must be achieved with the world around us in order for it to be complete. To live in harmony with the world, with every living being, to be at peace with nature--this is Yoga. Vegetarianism is an aspect of this harmony.

In an age when we plea to stop the killing and atrocities of war, we continue to exploit and slaughter hundreds of thousands of our defenseless animal friends for the sake of our tongue and palate. Yet we preach love and brotherhood.

Not only is meat eating unnecessary, but it is harmful to the physical body. Many doctors and dieticians today forbid their patients to eat meat, not only as a means of eliminating ailments, but also as a means of preventing uric acid diseases. Physicians have proved that a large number of ailments are caused by uric acid deposits in the muscle fibers of the meats consumed. When extra uric acid is introduced into the system, the body must eliminate its own manufactured supply, plus the extra supply taken in the form of meat. For example, a pound of liver or beefsteak contains about 14 grains of uric acid, whereas the daily amount of uric acid the body produces and eliminates through the kidneys is only about 6 grains. As a person's liver and kidneys are not able to deal with the extra intake, the uneliminated uric acid becomes the seedbed for such ailments as gout, rheumatism, headaches, epilepsy, hardening of the arteries, and nervousness.

Another objection to eating meat is that of all foodstuffs, it most

readily putrifies. Animal flesh is already dead matter and anything that is dead will begin to decompose immediately--it decays. If you eat meat, fish or eggs, you are eating dead matter, whereas a vegetable is still a living organism. Vegetables, though they may get de-hydrated, never rot and putrify.

Morally, you are contributing to the taking of animal life. You create the demand for slaughterhouses by eating meat. Though the animals' sphere of life is more limited, they can learn, remember, love, hate, mourn, rejoice, fear, and suffer just as humans can. Animals know instinctively when they are destined for the slaughterhouse. Though they are dumb, their watery eyes appeal for mercy from man's cruelty. The bleating of the lambs and calves, the bellowing of the bulls, the cries of geese and hundreds of other animals are cries of protest against the wrongful and merciless destruction of the lives of innocent and helpless animals by so-called civilized and superior beings.

As we do not have the power to restore life, we certainly do not have the right to kill for our own selfish desires. Every action has its reaction, and every good or bad action brings forth good or evil fruit. This is the law of Karma, the Divine law, and no law of man can void it.

So what alternative is there? "Where will I get the needed protein if I give up meat, fish, and eggs?" The best steaks contain about 18% protein--the rest is fat, high in animal cholesterol and water, and full of uric acid and other poisonous elements like coal tar dyes to make the meat red and chemical preservatives to

retard the decaying process until it reaches your stomach. But nature has provided us with numerable protein sources. Sunflower seeds contain 15% protein and are high in unsaturated fatty acids. Sesame seeds, pumpkin seeds, and almonds are also high in protein and other valuable elements when eaten in their natural state. The soybean runs as high as 44% protein in some varieties with garbanzo beans ranking second highest. Due to their hard composition, they take prolonged cooking and they are excellent substitutes for meat. Both of these should be eaten sparingly as all proteins are difficult for the kidneys to handle if used in excess.

Spiritually, vegetarianism is very beneficial. The main advantage being a calmer mind. Meat, fish, and eggs belong to a group of foods that Yoga classifies as rajasic. These foods, by their nature, are stimulating and directly cause restlessness to the mind. (See Light 2, Ray 9 of this magazine for a more thorough description of the Yogic diet.) By giving up this food group, one subtly begins to experience a calmer mind. At the same time, no life is being taken. For those who feel drawn to it, a diet of fresh fruit and vegetables, nuts, and dairy products will produce a stronger calming effect on the mind and a soothing, nourishing effect on the body. This is what Yoga calls the sattwic diet.

The misconception that a vegetarian diet is bland and limited is not true. Vegetarian cooking is no more complicated than cooking meat. What

it basically involves is a re-education as to what foods nourish the body in what way. It is not a diet of fanaticism, but rather a diet of love. It can be simple and supply your every need, or it can be looked upon as a new style of gourmet cooking.

To share with you the joy and peace of vegetarian cooking and diet, we will begin a regular column called "Om Cooking" to help guide you into the aspects of vegetarianism. If you are interested in vegetarian cookbooks of a spiritual nature, Victory Through Vegetables by Joan Wiener and The New Age Organic Vegetarian Cook Book by Peter Max both will fill your needs. These books are available in many of the Integral Yoga Institutes. For those who decide to embark on the vegetarian diet, they should do so gradually over a period of two to four weeks. A sudden switch from meat to meatless can shock the body and mind. Make the switch over gradually and evolve into this new way of life.

It is time we practice the law of love and peace we preach. Words are cheap, let our actions speak for themselves. Let us love our animal friends.

Om Shanthi Om

YOGAVILLE WEST

Our dream has come true! Yogaville West has evolved from a concept into a reality. Beginning April 15, the Integral Yoga Institutes will own their own home. A \$40,000 down payment towards the cost of \$160,000 is due April 15. About \$25,000 of the \$40,000 needed has already been raised.

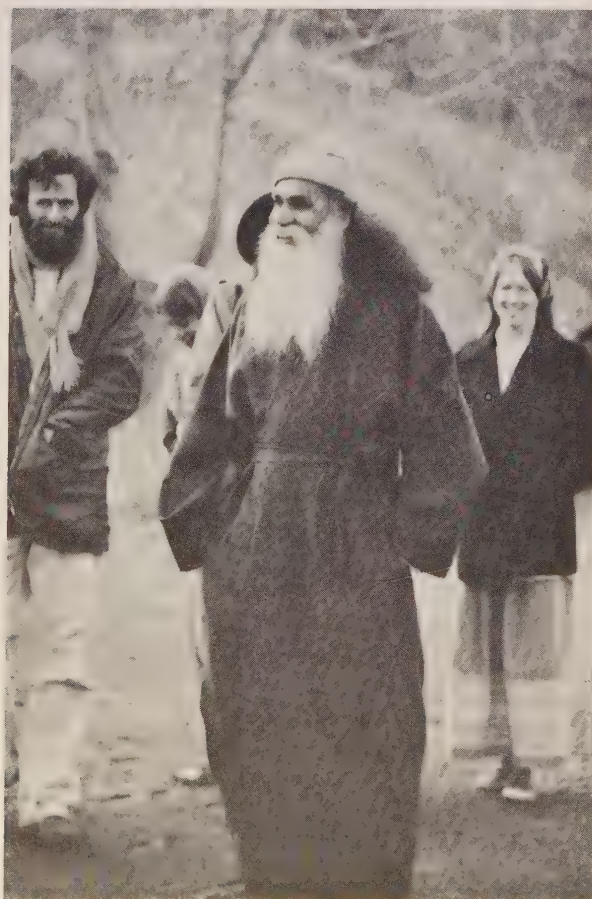
Several applications have been received already, and the community will begin to form in early May. Although no official constitution has been drawn up yet, the rules for living at Yogaville West will be similar to those of the Institutes. Yogaville members are expected to be vegetarian, married if a couple, and practicing Yama and Niyama--the Yogic commandments. Adjoining land will be available for purchase for those wishing to live near, but not in the community.

Yogaville West will be used as a sports camp for part of this summer. This agreement helped to considerably reduce the amount of the downpayment. Community members will still live on the property, make repairs, and begin organizing and preparing the hot springs as a retreat center and Yogic spa. This will probably serve as the source of income for Yogaville. Small scale retreats will be run regularly and hopefully Swamiji will conduct two larger retreats each year. There is also the possibility of having quarters for renunciates on the land.

Our "grand opening" tentatively includes a ten-day retreat with Swamiji sometime in September. The possibilities for use of Yogaville West are endless. We have truly been blessed.

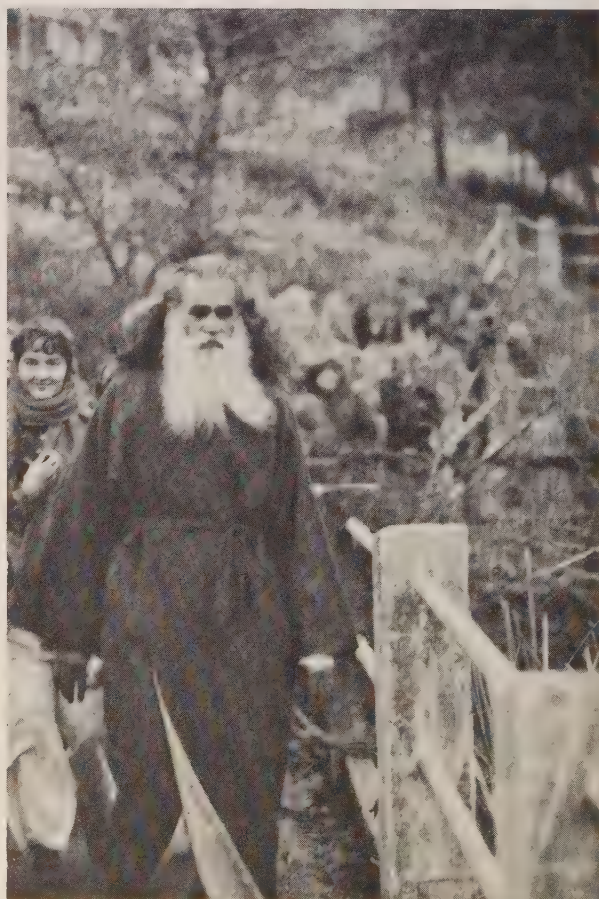
Contributions are still needed to cover the down payment. Any donations can be sent to Yogaville West, c/o IYI, 770 Dolores St., San Francisco, California 94110. Those interested in living at Yogaville West may get an application at the above address.

Om Shanthi.



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NEWS in BRIEF

Swamiji--

From his home in Danbury, Conn., Swamiji has been taking part in many programs and visiting many centers along the East Coast and other parts of the country. In February, Swamiji gave two talks at the Universalist Church in New York and spoke at the University of Hartford and Aquinas Junior College in Boston.

One of the nicest events Swamiji has attended was the dedication of Anandamayi Ma Ashram in Oklahoma City. Swamiji was invited there by Sri Swami Nirmalananda Giri to perform the dedication ceremony and to consecrate the new temple. Swamiji was garlanded and led by musical procession into the ashram where a traditional puja (worship) service was offered to his feet. The next day, Swamiji led a large group in an inspiring and beautiful ceremony of prayers and offerings to invoke the Divine presence in the temple deities. Swami Nirmalananda and the students were overflowing in their great devotion, humility and appreciation for Swamiji's presence and great service. They presented him with a key to the ashram and an open invitation to return. From there Swamiji was driven by Mrs. Janice Huffstatler to her home in Dallas. Swamiji spent the morning of the 20th with his Dallas children before returning to New York. Other special events of the month included a beautiful and inspiring lecture given by Swamiji at a weekend retreat conducted by the New York IYI in Connecticut. Swamiji came especially to give the closing talk, and the 200 participants were really elevated by the wisdom that flowed from our beloved teacher.

March was again a busy month for Swamiji with many special programs. He spoke at the University of Connecticut in Storrs on March

1, and two days later was in Toronto where several hundred people attended his public lecture. Over the weekend of the 4th and 5th, Swamiji conducted an Integral Yoga retreat at the Claremont Experiment. Before the week was out, Swamiji was again in New York, this time to be photographed by the world-famous Richard Avedon for an article on Yoga soon to appear in a popular monthly magazine.

On the 10th and the 24th, Swamiji spoke at the Universalist Church in New York. Since Swamiji's return from the West Coast, the Church has been completely packed on each occasion. Between these talks, Swamiji visited Louisville, Kentucky for a talk to a group of clergy, arranged by the Center for Spiritual Studies. The same day he visited the Trappist Monastery in Gethsemani. This was his second visit and, as before, the monks were simply awed by the grace that came from him that evening. This aspect of Swamiji's work is so important. Through these visits, Swamiji helps to bring about a real and lasting understanding between members of the different faiths. Through his sublime teachings, they can see that there is no essential difference between us.

On the 16th, Swamiji attended a meeting of the Center for Spiritual Studies with his co-directors Brother David, Reverend Eido Tal Shimano, and Rabbi Gelberman.

Swamiji was invited to meet Mayor Gino J. Arconti of Danbury, Conn. where Swamiji's home is. Among other things, they discussed how Swamiji's teachings are helpful in the rehabilitation of drug addicts and useful in preventing youngsters from beginning to use drugs. Swamiji was also invited to one of the local Danbury radio programs. Also in Danbury, Swamiji spoke to a large crowd of residents and students at Western Conn. State College. The local people have been voicing their pride and gratitude in having Swamiji as an important member of their community.

Swamiji joined with John McConnell of WE Inc. and Secretary General Kurt Waldheim of the United Nations on March 21st for the ringing of the peace bell at the UN, signifying worldwide participation in a silent minute of peace.

At the invitation of Raoul Julia, star of the Broadway hit "Two Gentlemen of Verona", Swamiji enjoyed an evening performance. The next day, he spoke to a religious class at New York University.

One of the most appreciative groups Swamiji has spoken to were the inmates of the Danbury Federal Correctional Institution. At his talk on March 26th, it was evident that Swamiji's words and presence gave them much inspiration and a healthier outlook on how to make the best use of their time to really reform themselves and to allow their real nature of peace and joy to express itself.

IYI New York--

The New York center is steadily growing. An ever increasing number of people here are interested in Swamiji's talks and appearances. Two Friday night discussions brought 500 and 700 people to the Universalist Church.

The Institute itself has started 7 new classes in Brooklyn and the overall class attendance is increasing with the coming of Spring. The Natural Foods Store has been a welcome addition to the Institute. It presently employs two full-time workers. A variety of items is being sold including beautiful plants.

A great deal of energy is being put into preparations for the ten-day retreat with Swamiji scheduled for March 31-April 9. For the past 4 weekends, crews of Karma Yogis have been cleaning and preparing the retreat site located about 100 miles north of New York City on the Hudson River.

Additional space in the downtown building will be opening up and we are presently looking for sincere and dedicated people who wish to join our home.



Swamiji meets with the Mayor of Danbury, Conn.

Special outside programs were held at Professional Children's School, Friends World College, First Unitarian Church of Brooklyn, Fordham University, New York University, Temple Tifereth Israel in Queens, Ramapo Community Workshop and St. Elizabeth's High School on Long Island. The United Nations classes have grown to 5 per week, 2 being given in Spanish. In all, we are teaching over 30 courses per week outside the Institute.

IYI Hartford, Connecticut--

Swamiji spoke at the University of Hartford on February 23 and at the University of Connecticut on March 1, giving many seekers in Connecticut a taste of the Spirit. This was seasonably by satsangs at the Institute with Brother David, a Benedictine monk, and Joan Suval from Ananda Ashram.

Just at a time when increased class attendance was making it necessary to search for additional space, the apartment across the hall was vacated and made available to us. We hope that our expanded facilities allow us to be of more service to the community.

Our first season of course classes in Vegetarian cooking, Pranayam, and advanced Hatha Yoga have recently ended and were very successful. The spring courses promise to have a full registration. Outside classes are being held at the University of Connecticut, Smith College, Sundance Organic Foods, Rockville Adult Education, Torrington YMCA, and a group of doctors and social workers at the Institute of Living, a large mental institution.

A benefit concert for Yogaville will be held on April 15, which will allow many in this area to learn of our plans for this model spiritual community. Living at the ashram is a learning and purifying experience. May we all progress on the Path. Om Shanthi.

IYI New Jersey--

The Institute has been blessed with a beautiful new home in Butler, New Jersey. It is situated on four acres of land in a mountainous region adjacent to a lake. We have started the bakery on a full-time basis and are planning a big organic vegetable garden servicing both our centers and local health food stores.

Four teachers have completed the teachers training course. We have begun new classes in Pranayama and beginners I course classes. New outside programs have started at the Livingston Essex YMCA, Trenton State, Douglass, Union College and St. Peters College. Recent lectures were given at Seton Hall University, Trenton State and Douglass Colleges, St. Vincent's Academy, Hackensack and Saddle Brook High Schools.

Due to the success of our first two Vegetarian Dinners, we are having an Italian Vegetarian Dinner. A Chinese Dinner is planned for next

month. May we all grow through his grace and love.

IYI Detroit, Michigan--

On February 5, about 100 friends and family attended a theater party at Jesus Christ Superstar for the benefit of Yogaville.

Programs have been given at St. Patrick's Church, Lowrey Jr. High School, Immaculate High School, St. Gerald's Parish, Southfield and Shrine High Schools, and Gill Elementary School. A new course has begun at St. Ambrose Parish. On the 16th, the Urban Life and Culture Class from Wayne County Community College visited the Institute. We have been holding monthly Sadhana Days which we share with the public on the Sunday closest to the full moon. Om Shanthi.

IYI Berkeley, California--

Besides our regular daily schedule in February, we started five course classes here at the Institute as well as five more outside--at Newman Center, Mills College, and the University of the Pacific. The response to all these classes have been very good and we will begin new courses in April.

We held a Sadhana Weekend here which was structured as a small retreat. Silence was maintained and the different techniques of Integral Yoga were put into practice. It was an enjoyable weekend for the participants and the household. A video tape lecture of Swamiji's was shown at the end. Three people from the Berkeley Institute participated in the "Meeting of the Ways" radio program with the San Francisco Institute. We talked about life in the IYI, how we came to know Swamiji, and we did some chanting.

We were very happy to participate in a joint meeting with the San Francisco IYI. More and more, we are coming together and working together. We have decided to have joint Family Days, Sadhana Weekends, and newsletters. It is important for us to realize that we are one Institute and one family serving in different centers.

A few of our members will be moving to the Los Angeles ashram which will serve as a home for those interested in taking Sannyas in the future. We all feel that this is an important step for the IYI. Although we are losing a few, more and more people are becoming involved with the IYI. We're very happy about that!

IYI Los Angeles, California--

The L. A. family is now settled in its new home at 6117 Warner Drive. This new location is more convenient to people in most parts of the city and new people have been coming every day.

Classes at the Hall of Help have grown so large that we are considering the rental of an additional place for classes. Public classes are also held at Books, Etc., Earl Newman Posters, U.C.L.A., and the First Unitarian Church. Special programs are given at Gateways Psychiatric Hospital, Terminal Island Federal Prison, Los Palms Girl's Correctional School, East-West Cultural Center and Sanctuary Health Spa. Lectures and classes were given at Occidental College and Monroe High School.

The Los Angeles Institute was selected as the home for those people interested in being renunciates. Five dedicated people are presently living here and others

from the California Institutes may also come here. It is inspiring to see how trouble-free, happy and peaceful people are when free from personal involvements.

The Institutes have always wanted some profitable cottage industry so people would not have to work at an outside job. To fill that need, we have created Integral Yoga Natural Products. At present we are distributing yoghurt, cashews, apple juice, olives, pure organic shampoo and soap to health food stores in L. A. It is still young and growing, but already it is proving successful. OM.

IYI Boulder, Colorado--

It seems that life goes in cycles and that we have just come full circle. After leaving our Pearl Street teaching facility and having temporary locations for four months, we have finally returned to Pearl Street just down the hall from our old location. We have a full schedule of morning and evening classes. We now have four teachers with two more ready to begin.

Swamiji's visit and lecture here was a great success with over 500 people attending. His words have rekindled much interest in Yoga in the Boulder area.

Boulder's community service program is still growing. We are now working with "Our House", a drug rehabilitation program. There are also classes offered at the local mental health center for all patients and staff. The most exciting program concerns the use of Yoga and meditation with hyper-active children.

We are receiving more invitations to give lecture-demonstrations as Yogic techniques seem to grow in acceptance. May we all continue to grow as we help others to grow.

YI San Francisco, California--

A Sadhana day was held here on March 5, a day of silence devoted to spiritual practices. Many joined the previous evening for a light meal and a tape of Swamiji's talks. On March 19, Family day was held, helping us to know each other and understand each other more. We all shared a vegetarian "pot-luck" feast and joined together for satsang, kirtan and meditation.

March 17 marked our second year of service in the Dolores Street house. We are so thankful for this opportunity to serve the community through the teachings and guidance of our Gurudev. Om Shanthi.

Integral Yoga Groups (IYG):

IYG Missouri--

Swamiji's long awaited visit provided a climactic end to our first year in Missouri. A large crowd braved icy highways, driving as much as 200 miles to hear Swamiji in Kansas City on February 2nd. The following two nights, Swamiji spoke in Columbia and St. Louis.

As if that wasn't enough to satisfy our spiritual hunger, nine of us drove to Oklahoma City two weeks later. There Swamiji led an enchanting half-day of ceremonies dedicating the new Anandamayi Ma ashram.

Talks and demonstrations have been given at Stephens College as part of a Symposium on Eastern Religion, six humanity classes at Hickman High School, Ridgeway Elementary, and the Hillel Student Center. Recently we began Karm-munity Yoga--a program in which we can become involved with existing community services in the spirit of Karma Yoga. We now offer seven classes a week and have a permanent classroom and office at 901 Rangeline, Columbia.

We hope that all continue to obtain and enjoy the blessed fruits of Patience.

IYG Portland, Oregon--

Swamiji's lecture at the end of January was attended by over 600 people. Many left shedding tears of joy. As spring unfolds now our group is growing. New classes have begun at the Church of the Truth in Beaverton. Hatha classes were taught on a weekend camp-out sponsored by a Portland drug program. A proposal has been submitted to teach Yoga to young drug users in another local program.

Our main interest lately has been to find a home for the group. There are three of us and a baby. We are in need of a location suitable for teaching more classes. We now have two instructors.

We hope that by finding a home our group will be able to grow. This will centralize our activities and provide a focus for Swamiji's teachings. May we all grow more and more in His light.

IYG Eugene, Oregon--

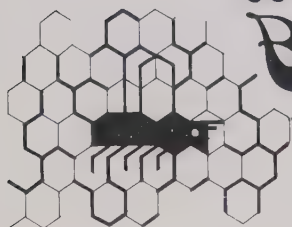
The IYG of Eugene is now in the process of finding a town-house in which to live and hold classes. Presently, we are teaching classes on Thursday and Saturday mornings and hold an afternoon Satsang and Kirtan on Sundays.

The seed was planted here on January 19 when our beloved Swamiji spoke to an overflowing group of 400. Since that time there has been a steady interest in Integral Yoga--and the seed is germinating.

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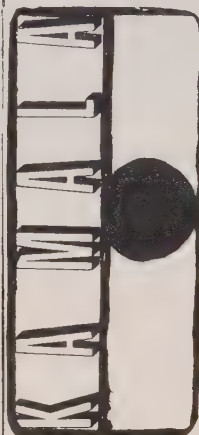
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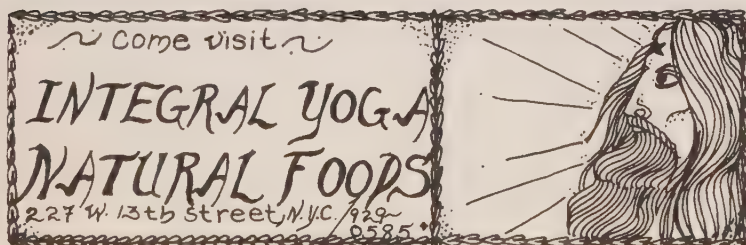
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EARTH DAY 1972

At the United Nations, members of the diplomatic corps, high echelon of the U. N. Secretariat and U. N. Conference for Human Environment gathered around the Peace Bell which was to be rung simultaneously in Vatican City, Rome and in Los Angeles, California. Swami Satchidananda and John McConnell of WE Inc. were the only guests specially invited to join in this ceremony. When the ceremony was over, T. V. cameras, journalists, and photographers gathered around Swamiji who, in answering their questions, stressed that we must first keep our "individual earth" clean, pure and peaceful in order to remedy the situation to which we have brought our planet.

Swamiji gave Mother Earth her due tribute, making of the first day of spring a day of joyful abundance and hope.



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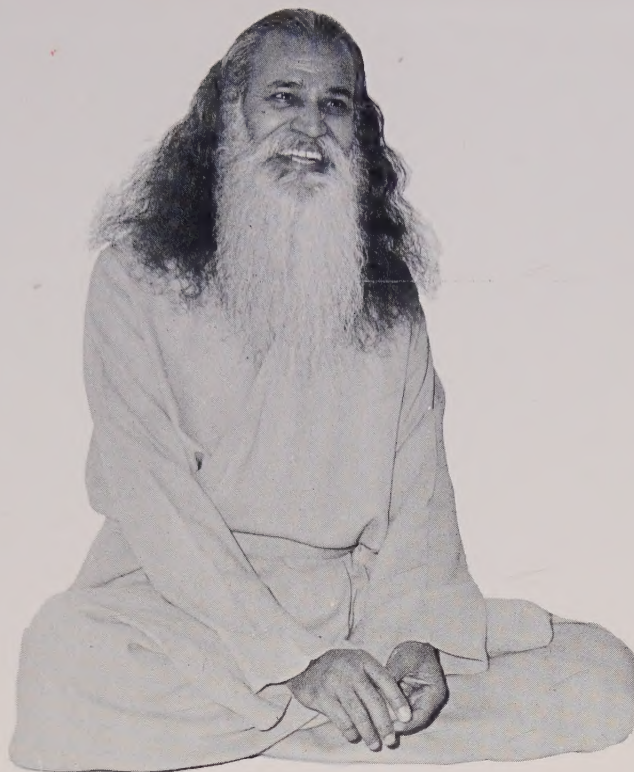
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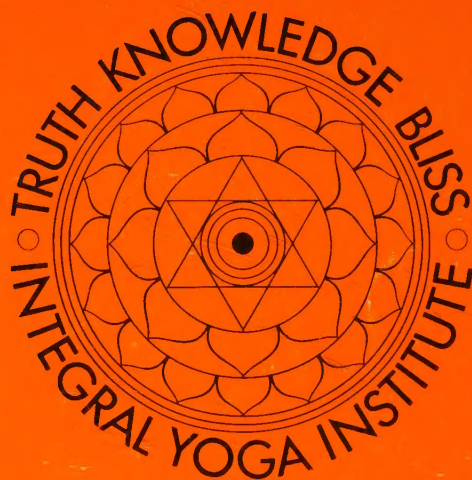
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The only way to be happy always is to dedicate yourself completely to God, or the entire humanity. Put the world first and yourself last. Then and only then will you really find peace and joy. This is the basic teaching of yoga and of all religions: Give, give, give. Let every minute of your life be useful to humanity. Bring peace and joy to everybody and no harm to anybody. This is the only way to true happiness; there are no short-cuts.

Lovingly yours,

Sri Swami Satchidananda



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